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# ❖ The Volunteer ❖

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Saratoga County Retired and Senior Volunteer Program

January/February/March 2016



*RSVP receives its funding from the Saratoga Co. Office for the Aging, The Corporation for National and Community Service and the New York State Office for the Aging.*

*Happy Birthday !*

## WELCOME

Diane Anuszewski, James Becker, Rosalind Brayman, Judy Butler, Lydia Canlas  
Susan deGaspard, Nancy Dubois, Maureen Fitzgerald, Kathy Kochem, Fred Koch  
Dawn O'Neil, Corinne Williams

## HAPPY ANNIVERSARY

**JANUARY**  
Valerie Clark 5yrs.  
Pat Fox 5yrs.

**FEBRUARY**  
Verna Crosby 25yrs.  
Jane Nye Meader 20yrs.

**MARCH**  
Leah Conklin 20yrs.  
Darrell Finlayson 20yrs.  
Betsy Schukis 20yrs.  
Rita Lewandowski 15yrs.

## HAPPY BIRTHDAY

### JANUARY

Faith Baker, Adrienne Beebe, John Berggren, Gerald Cutler, Dana Deering, Mary Ebert  
Luz French, Linda Gaulin, Sandra Hann, Gary Lewandowski, Helen McGrane  
Sam McKenzie, Dot McShane, Jane Nye Meader, Stephen Ramseyer, Phyllis Rodak  
Alice Rogner, Micheal Schwartz, Sally Snyder, Pat Stata

### FEBRUARY

Diane Anuszewski, Frances Ariel, Carol Berggren, Warella Browall, Jean Butler, Roberta Durphey  
Gladys Faulkner, Jean Foxvog, Joe Geiger, Ronald Hosford, Evelyn Marshall, Sheila Merchant  
Ted Monsour, Peg Moody, Karen O'Brien, Faith Palma, Ray Prevost, Elizabeth Schneider  
Carol Stockman, Rudy Tomasik, Mary Touart, Terry Tumbull, Marion Walter, Barbara Winchip

### MARCH

Alison Bodie, Jean Brew, Bette Brown, Gloria Burnham, Kathleen Chance, Dan Craine  
Marian Crandall, Fiona Emmette, Susan Gaddor, Linda Maitan, Kathy Marcheviello  
James Merrithew, Eleanor Moody, Dawn O'Neil, Marvil Patrick, Virginia Romanzo  
John Slattery, Jean Tanis

*Thank you to all of our volunteers and stations!!!!  
Your contribution to meet the needs in our community is  
invaluable!*

**The Retired and Senior Volunteer  
Program  
is honored to announce  
The 2015 Senior Lifetime  
Achievement Award  
Recipient  
Mrs. Frances Ariel**



**The Capital District Senior Forum  
held it's Annual Senior Lifetime  
Achievement Ceremony in early  
October. Frances Ariel was one of 28  
seniors honored. She has  
been an active volunteer with RSVP  
for over 25 years with 8000 hours of  
recorded volunteer time.**

**Congratulations  
Frances!**



CORPORATION  
FOR NATIONAL  
AND  
COMMUNITY  
★ SERVICE



**Volunteers Needed**

**Franklin Community  
Center**

located at 10 Franklin Street in  
Saratoga

Has asked for volunteers to assist  
in their food pantry.

If this is of interest to you

Please contact: Janet Haskell

At

884-4110

**LOOKING FOR  
R.S.V.P ADVISORY COUNCIL  
MEMBERS.**

The Advisory Council functions  
in an advisory capacity to the  
sponsor, Saratoga County  
Office for the Aging. The  
Council assists the project  
staff in matters affecting  
planning, support and  
significant program and  
personnel staffing decisions.

If this is of interest to you  
please contact

Janet Haskell at 884-4110

*Janet Haskell, RSVP Project Director, Email [jhaskell@saratogacountyny.gov](mailto:jhaskell@saratogacountyny.gov)*

## Community Connections

The Office for the Aging's R.S.V.P. is working with Saratoga Adult and Senior Center to recruit volunteers for their Community Connections Program. This program trains volunteers to provide assistance to seniors in Saratoga County. The mission is to help seniors age in place and maintain an independent lifestyle by providing assistance when needed. The program trains and deploys a volunteer group that can be matched with seniors. Services available include home visits, transportation, shopping, errands and telephone check ins. If you are interested and want to find out more, please contact **Janet Haskell at 884-4110**



## URGENT

### Drivers for Home Delivered Meals

*Help out in your community by delivering hot, nutritious meals to homebound seniors. This could take as little as an hour and be done once a month, bi-weekly or weekly.*  
*Contact Janet at 884-4110*

## OSTEOBUSTERS

### *Leaders Needed*

An exercise program that combines weight-bearing, muscle strengthening, postural training and balance exercises used to promote strong bones. Weight-bearing exercises put gentle stress on your bones and in response, the body grows new bone tissue. The

RSVP Osteobusters Program is based on these elements and is a great way to maintain or improve your bone health! If interested in becoming a part of

leading these classes,  
contact Janet at 884-4110



## VOLUNTEERS & STATIONS

### *HAPPY NEW YEAR!!!*

*The RSVP volunteers reported more than 19,000 hours for 2015. Thank you for strengthening communities, leading the way, making a difference, touching lives and making the world a better place.*

*RSVP continues to explore new programs and opportunities to connect with. Please keep us in mind if your interests change. We can try to find a new fit.*

*May 2016 bring you Happiness, Prosperity and Good Health*

RSVP UNIT  
Saratoga County Office for the Aging  
152 West High Street  
Ballston Spa, NY 12020

RETURN SERVICE REQUESTED

NON-PROFIT ORG  
U.S. Postage  
P A I D  
Ballston Spa, NY 12020  
Permit No, 5

### Continued VOLUNTEER OPPORTUNITIES

VOLUNTEER TITLE	DUTIES	AREA	DAYS	HOURS
Transportation Assistant	Drive seniors to medical appointments	Saratoga and surrounding areas	Varies	Varies
Home Delivered Meal Drivers	Deliver prepared meals	Surrounding areas	Varies	approximately 10:30 to 1:00
Congregate Assistant	Meal preparation	Surrounding areas	Varies	10:30 to 1:00
Mailing Assistants	Assist with mass mailings	Ballston Spa	Varies	2 hours
Osteo Leader	Lead exercise program	Saratoga	Varies	1 hour